

REMEDIALS.

APRIL 20/42.

RJ. SH.

All exercises.

LORDOSIS.

All exercises.

1. Walking.
 2. Sliding.
 3. Squat to reach.
 4. Alt. + double sh.
rolling back.
 5. Alt. leg circled 'q' form.
 6. Ste. st. - T. moving 'q'.
 7. Hd. kn. st. -
back humming.
 8. Dh. by. - feet raising.
" - feet overhead.
 - 9.
 10. Foot pedalling.
 11. Stretching - back.
-

~~Rd.~~ SH. GENERAL POSTURE.

MARCH. 2.

Rd. SH. - Bd. ST. - SH. ROLLING.

CR. SITT. BK. TO DARS. - FORW. BEND'G
OF TRUNK.

CR. SITT. - A'S OVERHEAD W.
RESISTANCE.

LORDOSIS - CR. BK. LY. - ABD. CONTRACTION.

" - HD. + KN. LIFT'G.

ST. - KN. BENDING.

1. Running.
2. Balance walk on deck
breathing.
3. Walking - posture.
4. Windmills - lt. + rt.
5. St. - wh. rest. - elbow
pushing back.
6. Tr. pendulum (swing A's
rt. + lt.)
7. Str. st. - head from down
& straighten up.
8. Long sitt - rowing.
9. Bh. by. - macker.
10. Head - rt. lt. from
back.
11. Shifting on toes.
12. Dangling - bh. to toes.

POSTURE.

MARCH 9.

R9. SH. - ST. NK. REST. - ELBOWS PRESSING BK.
ST. AT BARS. BK. - CHEST
PUSHING FORW.

LORDOSIS -

REPEAT.

1. Walking - on stretch 'g.
- on outer borders of feet.
2. Shuffling.
3. Square running.
4. Hk. st. - T. spring + Alt.
stretch 'g.
5. St. - T. relaxing + rolling up.
6. Long sitt. - T. broken lean.
7. Bh. leg. - Wd. lift 'g.
8. Bh. leg. - Alt. low. head 'g +
A. stretch 'g overhead.
9. Side leg. - Alt. leg lift up.
10. 9th rib breathing.
11. Run to base.
12. Stretch 'g - back to base.

POSTURE.

MARCH. 16.

RD. SH. BENCH - BK. LY. - HD. DROPPING BK. +
COMING UP W. RESISTANCE.

ST. - A'S CIRCLING BK.

ST - A'S SWINCING X TO FLY.

LORDOSIS - BK. LY. - ALT. HIP UPDRAWING.

" - BK. FLATTENING.

1. Running - balance walk.
2. Walking.
3. Grick walk.
4. A's from told to thy.
5. Tr. pendulum - circling
rt. + lt.

6. Long sitt. - clck. clck,
clck down + unroll.

7. Back hkn. head 'g on.
straight back.

8. Long sitt. - head 'g broken.

9. Bh. by. - single + double
hkn. head 'g + stretch 'g.

10. Long sitt. - A's circled 'g
+ finger touch 'g.

11. Hanging - bh. to hars.

POSTURE.

MARCH 23.

RD. SH. - KN. ST. - ALT. ARM FLINGING SIDEW.
PARTNERS - CH. LIFT'G + PUSH'G
FORW.

SCOLIOSIS. -

ROCKING HORSE IN RHYTHM.
ALT. KN. PULLING TO CHEST IN ST.
BK. LY. - BK. FLATTENING.



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